



# TREK WITH A CAUSE

## ABC TREK

Help stop human trafficking.

The **Trek with a Cause** was started a number of years ago with an aim to raise funds for our agencies renowned for success in raising awareness and gaining convictions of those responsible. We partner with well established organisations with a solid structure in place to rescue and support those caught up in human trafficking.



**Dates:** 28th Dec - January 14th  
**Expedition Price** \$2,800  
**Inclusions:** All meals, accommodation, internal transport, trekking permits, a Nepali language lesson, local staff costs - guide and porters (employment), leadership & logistical support.

**Exclusions:** Flight arrangements (incl taxes), Visa, personal gear and clothing, immunisations, personal travel insurance, spending money.  
**Group size:** Maximum 10 (1 group)



Aussie Action Abroad Ltd (AAA) uses basic accommodation at all times. Depending on location and practicality, this may include camping (tents supplied), dormitories, local hostel accommodation and basic hotels.

Prior to departure, AAA supplies participants with all the information they need regarding gear, inoculations, culture & climate, etc. Detailed material will be sent on enquiry which includes an outlined program of planned activity.

Project Fundraising: Each participant is encouraged to undertake activities prior to the Expedition to raise awareness and funds for the work being undertaken by partner organisations focussed on ridding Nepal of sexual slavery. Funds raised will be given to the organisations when the group is in Nepal.

Please note: Schedules, activities and events may change slightly.

### What the trek will involve? (\*subject to change)

On arrival in Kathmandu the group will undertake an orientation program & prepare for a travel day to Pokhara.

The trek commences at Phedi then follows the valley up to Annapurna Base Camp at (ABC).

The trail is well used and has quality tea houses in each village in which we will stay.

The altitude will vary from 823m at Pokhara to 4,130m at ABC and with that in mind time, will be allowed to adjust to the altitude gained.

**The trek is classified as challenging so please ensure that you are in good health and have a good level of fitness.**

Aussie Action Abroad provides Community Development Adventures that:

- challenges, changes and enhances lives,
- are mutually beneficial, providing sustainable solutions to locally identified issues,
- utilise participant skills in realways, alongside local skilled personnel.



### Find out more & apply

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